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HOUSEKEEPERS' CHAT Wednesday, May 18, 1932

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(NOT FOR PUBLICATION)

Subject: "Vitamin E." Information from the Bureau of Home Economics, U.S.D.A. Bulletin available: "Stain Removal from Fabrics" Farmers' Bulletin 1474 and mimeographed leaflet on whole wheat uses.

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Many of the good things of this life have to be planned for and worked for. But, fortunately, for us mortals, there are others that aren't so difficult to obtain.

That's the way it is with these helpful food substances known as vitamins. Some of them have to be planned for carefully in our diet or we won't have enough for optimum health. Take, for example, the vitamin we talked about last week, vitamin D, the fourth on the list. Vitamin D doesn't occur very frequently or in very large quantities in most of our common foods. Yet it is absolutely necessary for growth and for the development of strong healthy bones and teeth. So we have to plan carefully to provide a sufficient amount of it, especially in the children's diet. That's why we emphasize the foods that do contain it. That's why we take care to feed the children--and ourselves, if we're wise, cod-liver oil during winter and dark weather, and to see that sun baths are the order of the day in summer. This vitamin, you see, is one of the good things in life that must be worked and planned for.

Then there's vitamin C. It occurs in many foods but it is easily destroyed by the wrong cooking of food. As the scientists say, "this vitamin under certain conditions is easily destroyed by heat and oxidation." We have to plan for it by seeing that our daily food contains the foods that we know are rich in it--raw cabbage, for example, and tomatoes and the citrus fruits, such as oranges, grapefruit and lemons. We have to be careful, too, to provide vitamin C every day, as the body cannot store it in quantity and so tide us over periods when we may be missing it.

But today we're going to talk about one vitamin that isn't difficult to get, one that we don't have to worry much about when we plan the family's menus. This is vitamin E--the fifth letter in the alphabet. Fortunately, vitamin E occurs in a great many foods in small quantities. And fortunately also it isn't destroyed easily by heat. So we aren't likely to lack it.

Vitamin E, the scientists tell us, is essential for reproduction and is known as the anti-sterility vitamin. As I said, it occurs in many foods in small amounts but the germ of the wheat grain is especially rich in it. Other foods that contain considerable quantities of it are vegetable oils, green lettuce, and many other vegetables. Milk and butter fat contain it in small amounts.

Then I asked the Menu Specialist to plan us a vitamin E menu, just to show how this vitamin may appear in the family meal, of course, she featured a whole wheat dish first thing.

And no wonder. Whole wheat is not only rich in vitamin E, but also in vitamin B, the second vitamin. And, what's more, whole wheat contains such valuable minerals as phosphorus and iron. Best of all, it's a very inexpensive food--one of the best food bargains going, because you get so much for your money.

Well, here's our menu for today--a family dinner. Pencils ready? All right. Whole wheat and beef loaf; Scalloped tomatoes; Bread and butter; Head lettuce salad; and for dessert, that most popular American dish, Strawberry shortcake.

The vitamin E foods in that menu are the whole wheat in the loaf and the green lettuce salad.

That wheat and beef loaf is so good and so inexpensive, that I know you'll want the recipe for your files. No, I'm sorry to say it is not in your green cookbook. I'm going to give it to you right now so you'll be sure to have it, anyway.

Are you ready now to take down the seven ingredients for the whole wheat and beef loaf? Here they are:

3 tablespoons of diced salt pork
4 tablespoons of chopped onion
1 pound of ground beef
1 and 1/2 cups of raw cracked whole wheat
1 cup of milk
2 and 1/2 teaspoons of salt, and
1/4 teaspoon of pepper

I'll repeat that list. (Repeat.)

To prepare the loaf, first cook the salt pork in the frying pan until it is golden brown. Then add the onion and cook it for a short time. Now mix all the ingredients together. Cook them in a greased baking dish, covered, in a slow oven (250 degrees to 300 degrees F.) for an hour.

Serve this dish hot either with or without tomato sauce. If you would like other whole wheat recipes, we have a nice mimeographed circular of them all ready for you. Write us for whole wheat recipes and we'll mail a copy to you.

Now with the dinner planned, we can take some time to answer questions. An anxious listener wants to know, "How shall I get rid of a grease spot on a silk dress without leaving a ring?" The Bureau of Home Economics gives a very thorough answer to this query.

The answer informs us that rings left after cleaning spots from dresses may come from several causes. Perhaps the extra dressing in the material dissolves in the cleaning fluid and backs up to form a ring. Or perhaps the cleaning fluid spreads soil. The grease spot, or soil already on the garment,

may just dry in again as the cleaning fluid evaporates. Often our dresses are slightly soiled, even though it doesn't show. In that case it is usually necessary to dip the entire dress in naphtha or gasoline to remove a spot satisfactorily.

Whether or not a spot comes out ringless depends also on the weave and color of the material that has been stained. A ring will not show as plainly on rough and figured fabrics, such as rep or flat crepe, as it does on smooth and plain colored materials. For instance, do not hope for great success on a light, neutral-colored satin material.

However, you can get rid of a spot successfully from almost any fabric if you apply the cleaning fluid carefully. Most cleaning fluids as chloroform, either, wool alcohol, gasoline, and carbon tetrachloride are very good. However, chloroform makes rings quickly on some fabrics while carbon tetrachloride is the least likely to form rings. Besides, carbon tetrachloride has the advantage of being noninflamable.

With a clean white blotting paper on top of the stain, apply the cleaning fluid from the wrong side of the material. Use a soft rag and take care not to allow the stained material to become very wet. Always brush lightly from the outside of the spot toward the center and spread the moisture unevenly into the surrounding goods. The secret of the trick is to spread or "feather" out the liquid into the fabric surrounding the treated section until there is no definite edge when the material dries. This prevents the ring. It is always well to hasten the drying by brushing with a dry rag.

Speaking of cleaning clothes, I must tell you that a lady wrote me recently that the stain removal bulletin was her staunch friend in time of need around her household. She declared that every housewife ought to have a copy by her side to help her through such trying events as when little Johnny gets grass stain all over the seat of his best rompers or when Sister Sue spills ink on the parlor rug. This bulletin is called, as I've often told you before, "Stain Removal from Fabrics" and its number is 1474.

Time for only one more question. This is about spots on furniture.

"How can I remove a white spot, caused by moisture, from a piece of furniture?"

Answer: If the discoloration has gone deep into the finish of the wood, the only way to get rid of it is to remove all the varnish, down to the wood, and apply a new finish. Sometimes surface marks can be removed from furniture by repeated rubbing with a heavy woolen cloth, moistened with linseed oil, or furniture polish. Heating the cloth, and the oil, may help, but precautions should be taken against fire risk, for these materials are very inflammable.

Another remedy suggested is to rub the white surface marks with a cloth moistened slightly with <u>dilute</u> ammonia water.

TOMORROW: "Living Porches and Slip Covers for Summer."